

# ProClear™

## TEETH WHITENING GUIDE



PROFESSIONAL AT HOME  
TEETH WHITENING SOLUTION

**ACTIVE INGREDIENT:** (0.1% cp -44% cp, or non peroxide)

**INTENDED USE:** Remove common tooth stains

**SHELF LIFE:** 24 months (2 years)

## WHITENING INSTRUCTIONS



**CAUTION: PLEASE READ WHITENING INSTRUCTIONS CAREFULLY BEFORE YOU BEGIN**

### STEP 1

Floss and brush your teeth. Apply the ProClear™ whitening gel to the front of your teeth.



### STEP 2

Insert LED light mouthpiece.

# BRIGHTEN YOUR SMILE

UP TO 5 SHADES WHITER IN 5 DAYS

## STEP 3

**Brighten Your Smile:** Press and hold power button to turn on LED light. Light will turn off automatically after 15 minutes.



Wear the mouth tray for **30 minutes daily** until desired shade of white is achieved. For even faster results, gradually increase the time to 45 minutes.

MOUTHPICE ATTACHED TO  
LED WHITENING LIGHT.

## STEP 4

**Rinse & Clean:** After whitening, remove and rinse the mouthpiece with cold or warm water. If necessary use a toothbrush and cotton swab to remove any residual whitening gel. Dry and store mouthpiece in a cool, dry place. Rinse and brush excess gel from the teeth.



## TEETH WHITENING USEFUL TIPS

- Ensure both teeth and mouthpiece are clean and dry before whitening, excess water could weaken the effect of the whitening gel.
- Only small drops of the whitening gel across the mouthpiece are required. Do not overload the mouth tray.
- Wear whitening gel for 30 minutes daily.
- Use a cotton swab to wipe off any excess gel that gets on your gums to avoid sensitivity.
- If sensitivity or irritation occurs, wait at least 24 hours before next use.
- The best time to whiten your teeth is just before bed, after you've brushed your teeth.
- Your teeth are most susceptible to food stains after whitening. Avoid consuming staining foods for a minimum of 1-2 hours after treatment.

**Storage Information:** Store at room temperature.

Avoid exposure to heat or sunlight. Do not refrigerate or freeze.

Visit us online for additional help, including tips and tutorials please visit

[www.ProClearAligners.com/Support](http://www.ProClearAligners.com/Support)